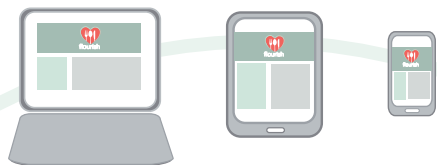


How to order your school meals online



flourish



How do I purchase meals?

We hope that your child is enjoying the lunches at Victoria College Prep. Please note that the boys can now simply turn up and pay for a meal on the day, you no longer need to order in advance.

If you wish for your child to have a hot lunch, please visit www.checkout.je/topup.html and order a Touch Top Up card. The cost of a hot, two course lunch is £3.75.

This restaurant card offers parents the ability to manage their money via a secure online payment system which is managed locally by Checkout.

The site is available to use 24 hours a day, 7 days a week. On the website please click on 'Order a Card'.

Once you have created an account you will be sent a card in the post. Please be aware that top up cards will be charged at £5 per student, this covers the cost of creating and delivering the card.

VICTORIA COLLEGE PREPARATORY SCHOOL

SUMMER TERM 2023

SCHOOL LUNCH MENU





VICTORIA COLLEGE PREPARATORY SCHOOL SCHOOL LUNCH MENU

flourish

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1

17th Apr
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Tomato and basil pasta served with cheese, baguette and salad
Fruit of the day

Week 2

24th Apr
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Cheese and onion quiche served with coleslaw & salad
Fruit of the day

Week 3

1st May
EARLY MAY BANK HOLIDAY

Week 4

8th May
CORONATION OF KING CHARLES III

Week 5

15th May
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Cheese and onion quiche served with coleslaw & salad
Fruit of the day

Week 6

22nd May
Crispy mac & cheese served with salad
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Fruit of the day

Week 7

5th Jun
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Tomato and basil pasta served with cheese, baguette and salad
Fruit of the day

Week 8

12th Jun
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Cheese and onion quiche served with coleslaw & salad
Fruit of the day

Week 9

19th Jun
Crispy mac & cheese served with salad
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Fruit of the day

Week 10

26th Jun
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Tomato and basil pasta served with cheese, baguette and salad
Fruit of the day

Week 11

3rd Jul
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Cheese and onion quiche served with coleslaw & salad
Fruit of the day

Week 12

10th Jul
Crispy mac & cheese served with salad
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Fruit of the day

Week 13

17th Jul
Jacket potato served with a variety of cheese, beans, coleslaw & salad
Tomato and basil pasta served with cheese, baguette and salad
Fruit of the day

18th Apr
Asian chicken and vegetable noodles or Asian vegetable noodles
Carrot cake or fruit of the day

25th Apr
Beef & pork pasta bolognese or Veggie pasta bolognese
both served with cheese & salad
Carrot cake or fruit of the day

2nd May
Chicken goujons or Veggie goujons
both served with potato wedges & salad
Carrot cake or fruit of the day

9th May
LIBERATION DAY BANK HOLIDAY

16th May
Beef & pork pasta bolognese or Veggie pasta bolognese
both served with cheese & salad
Carrot cake or fruit of the day

23rd May
Chicken goujons or Veggie goujons
both served with potato wedges & salad
Carrot cake or fruit of the day

6th Jun
Asian chicken and vegetable noodles or Asian vegetable noodles
Carrot cake or fruit of the day

13th Jun
Beef & pork pasta bolognese or Veggie pasta bolognese
both served with cheese & salad
Carrot cake or fruit of the day

20th Jun
Chicken goujons or Veggie goujons
both served with potato wedges & salad
Carrot cake or fruit of the day

27th Jun
Asian chicken and vegetable noodles or Asian vegetable noodles
Carrot cake or fruit of the day

4th Jul
Beef & pork pasta bolognese or Veggie pasta bolognese
both served with cheese & salad
Carrot cake or fruit of the day

11th Jul
Chicken goujons or Veggie goujons
both served with potato wedges & salad
Carrot cake or fruit of the day

18th Jul
Asian chicken and vegetable noodles or Asian vegetable noodles
Carrot cake or fruit of the day

19th Apr
Roast turkey and gravy or Vegetable Kyiv
both served with roast potatoes and seasonal vegetables
Fruit of the day

26th Apr
Roast lemon & thyme chicken and gravy or Roasted butternut & sage tart
both served with roast potatoes and seasonal vegetables
Fruit of the day

3rd May
Roast pork and gravy or Carrot balls in a sweet & sour sauce
both served with roast potatoes & seasonal vegetables
Fruit of the day

10th May
Roast turkey and gravy or Vegetable Kyiv
both served with roast potatoes and seasonal vegetables
Fruit of the day

17th May
Roast lemon & thyme chicken and gravy or Roasted butternut & sage tart
both served with roast potatoes and seasonal vegetables
Fruit of the day

24th May
Roast pork and gravy or Carrot balls in a sweet & sour sauce
both served with roast potatoes & seasonal vegetables
Fruit of the day

7th Jun
Roast turkey and gravy or Vegetable Kyiv
both served with roast potatoes and seasonal vegetables
Fruit of the day

14th Jun
Roast lemon & thyme chicken and gravy or Roasted butternut & sage tart
both served with roast potatoes and seasonal vegetables
Fruit of the day

21st Jun
Roast pork and gravy or Carrot balls in a sweet & sour sauce
both served with roast potatoes & seasonal vegetables
Fruit of the day

28th Jun
Roast turkey and gravy or Vegetable Kyiv
both served with roast potatoes and seasonal vegetables
Fruit of the day

5th Jul
Roast lemon & thyme chicken and gravy or Roasted butternut & sage tart
both served with roast potatoes and seasonal vegetables
Fruit of the day

12th Jul
Roast pork and gravy or Carrot balls in a sweet & sour sauce
both served with roast potatoes & seasonal vegetables
Fruit of the day

19th Jul
Roast turkey and gravy or Vegetable Kyiv
both served with roast potatoes and seasonal vegetables
Fruit of the day

20th Apr
Beef burger in a bun or Veggie burger in a bun
both served with chips and salad
Selection of shortbread or fruit of the day

27th Apr
Pulled pork in a bun with BBQ sauce or Vegetarian sausage in a bun
both served with rice & salad
Selection of shortbread or fruit of the day

4th May
Yellow chicken curry or Yellow chickpea & vegetable curry
both served with rice & peas
Selection of shortbread or fruit of the day

11th May
Beef burger in a bun or Veggie burger in a bun
both served with chips and salad
Selection of shortbread or fruit of the day

18th May
Pulled pork in a bun with BBQ sauce or Vegetarian sausage in a bun
both served with rice & salad
Selection of shortbread or fruit of the day

25th May
Yellow chicken curry or Yellow chickpea & vegetable curry
both served with rice & peas
Selection of shortbread or fruit of the day

8th Jun
Beef burger in a bun or Veggie burger in a bun
both served with chips and salad
Selection of shortbread or fruit of the day

15th Jun
Pulled pork in a bun with BBQ sauce or Vegetarian sausage in a bun
both served with rice & salad
Selection of shortbread or fruit of the day

22nd Jun
Yellow chicken curry or Yellow chickpea & vegetable curry
both served with rice & peas
Selection of shortbread or fruit of the day

29th Jun
Beef burger in a bun or Veggie burger in a bun
both served with chips and salad
Selection of shortbread or fruit of the day

6th Jul
Pulled pork in a bun with BBQ sauce or Vegetarian sausage in a bun
both served with rice & salad
Selection of shortbread or fruit of the day

13th Jul
Yellow chicken curry or Yellow chickpea & vegetable curry
both served with rice & peas
Selection of shortbread or fruit of the day

20th Jul
Beef burger in a bun or Veggie burger in a bun
both served with chips and salad
Selection of shortbread or fruit of the day

21st Apr
Fish & chips served with beans or peas
Summer vegetable frittata served with baguette and salad
Chocolate brownie or fruit of the day

28th Apr
Fish & chips or Veggie nuggets & chips served with beans or peas
Chocolate brownie or fruit of the day

5th May
Salmon fish fingers or Pea and mint fritter
both served with chips & salad
Chocolate brownie or fruit of the day

12th May
Fish & chips served with beans or peas
Summer vegetable frittata served with baguette and salad
Chocolate brownie or fruit of the day

19th May
Fish & chips or Veggie nuggets & chips served with beans or peas
Chocolate brownie or fruit of the day

26th May
Salmon fish fingers or Pea and mint fritter
both served with chips & salad
Chocolate brownie or fruit of the day

9th Jun
Fish & chips served with beans or peas
Summer vegetable frittata served with baguette and salad
Chocolate brownie or fruit of the day

16th Jun
Fish & chips or Veggie nuggets & chips served with beans or peas
Chocolate brownie or fruit of the day

23rd Jun
Salmon fish fingers or Pea and mint fritter
both served with chips & salad
Chocolate brownie or fruit of the day

30th Jun
Fish & chips served with beans or peas
Summer vegetable frittata served with baguette and salad
Chocolate brownie or fruit of the day

7th Jul
Fish & chips or Veggie nuggets & chips served with beans or peas
Chocolate brownie or fruit of the day

14th Jul
Salmon fish fingers or Pea and mint fritter
both served with chips & salad
Chocolate brownie or fruit of the day

21st Jul
Fish & chips served with beans or peas
Summer vegetable frittata served with baguette and salad
Chocolate brownie or fruit of the day

HALF TERM WEEK • 30TH MAY - 2ND JUNE



Our mission is to support every child and young person in Jersey, under 18, to access nutritious food at school, at home and in the community, now and for generations to come.

We do this through collaborative programmes of support and education to deliver our grow, cook, eat ethos across the Island, which has a positive impact on their eating habits and encourages a life long approach to good nutrition.

Did you know?

- All of our meals are freshly prepared every morning
- As much of our produce as possible is locally sourced through local businesses to promote local and sustainable food production
- Sourcing locally enables us to support local employment for local people, some of whose children benefit from our programmes and to ensure every penny we spend protects rather than damages our environment
- All of our meals always meet, and often exceed the School Food Standards, and are nutritionally analysed to provide your children with optimal nutrition
- All of our desserts are freshly made from reduced sugar recipes, using mostly wholemeal flour, and often contain at least 50% fruit
- Fresh fruit is available every day as an alternative to desserts, to give your child a choice
- All of our meat is ethically sourced and our eggs are free range
- All of the fish used on our menus is Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards
- All of our meals can be adapted to accommodate allergies – just ask

If you haven't already, why don't you give our meals a try and save yourself valuable time in making packed lunches as well as ensuring your children are getting a nutritious lunch to fuel their learning in the afternoon. If you would like to discuss anything with us please get in touch at flourish@caringschoolsofjersey.com or on 539009.

Have you had your 5-A-Day?



Awesome Orange



Super Strawb



Brilliant Broccoli



Courageous Carrot



Brave Banana

For more info visit: gov.je/FoodandNutrition